




SENr Autumn Showcase Event:
13th November 2015, BT Murrayfield Stadium, Edinburgh

Time	Title
09.15 – 10.00	Registration and refreshments
09.55– 10.10	Welcome and SENr – Introducing the Team and the day’s programme Andy Burman, BDA CEO
10.10 – 10.45	<p>Theory to practise: Performance Nutrition its role and impact at Glasgow 2014</p> <p><i>Irene Riach, SENr High Performance Registrant and Senior Performance Nutritionist sportscotland Institute of Sport</i></p>  <p>Irene will present on the challenges of planning, delivery and impact of the Team Scotland Preparation Camp just prior to the 2014 commonwealth games and also the planning, delivery and impact of the Athlete dining and Nutrition Kiosk in the Athlete village in Glasgow 2014.</p>
10.45 – 11.20	<p>Fish oil supplementation: applications in health <i>Dr Stuart Galloway, Reader & SENr Chair of Board</i></p>  <p>The presentation will examine the evidence for omega-3 oils in health and applications in maintenance of muscle mass. Data will be presented from human studies examining changes in muscle omega-3 content with supplementation and will then focus in on a recent study from our lab investigating omega-3 and metabolic health outcomes. The final section of the talk will review omega-3 and immune function and present some recent data on immune function markers when supplementing with fish oils.</p> <p>Fish oil supplementation: applications in sport <i>Dr Oliver Witard, Senior Lecturer</i></p>  <p>This presentation focuses on fish oil supplementation and exercise recovery. First, the anabolic potential of fish oil will be critically evaluated with reference to findings from our recent study that measured the response of muscle protein synthesis to exercise and protein feeding, with and without prior fish oil supplementation. Next, the protective role of fish oil for improving recovery from ‘muscle damaging’ eccentric-based exercise will be explored with reference to our recent study in semi-professional soccer players. Finally, findings from a recent study that investigated the influence of fish oil supplementation on substrate utilisation at rest and during exercise in trained cyclists will be presented.</p>
11.20 – 12.00	<p>Refreshments and breakout groups</p> <p><i>Refreshments to be taken with to breakout sessions</i></p>

Breakout Group 1 – Multi-disciplinary Teams

The Sport Wales Team will answer questions on:

- Multidisciplinary working (i.e. working effectively within the sports science and sports medicine teams)
- Building the foundation (i.e. kitchen coaching, food partnerships)
- Developing protocols (i.e. vitamin D, injury)
- Sport specific (we work with a range of sports - strength/power, endurance, weight making)

Breakout Group 2 - Hydration

Dr Stuart Galloway will lead this session on:

- Hydration in daily living vs. during exercise vs. recovery from exercise.
- Energy/macronutrients in hydration drinks.
- Electrolytes and hydration drinks.
- What constitutes an effective hydration drink?

Breakout Group 3 – Louise Sutton will lead a discussion on SENr requirements and portfolio development, to include:

- the benefits of registration
- requirements of the portfolio
- collating evidence for competency mapping
- writing a case study

Breakout Group 4: Ethics and the WADA Code

Andy Burman, BDA CEO and Irene Riach will take questions about ethics and the new WADA code.



12.00 – 12.35**'Are all Omega 3's created equal?' Insights from cellular and animal studies.**




David Lee Hamilton, Lecturer (Health and Exercise Sciences)

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Omega3 fatty acid supplementation has been shown to have robust effects on skeletal muscle mass and function. However, some cell and animal based studies suggest that some omega3's may be more beneficial for certain outcomes than others. This presentation will touch on some of these studies and highlight the importance of certain omega3 fatty acids.

Q&A Session: Dr Stuart Galloway, David Lee Hamilton and Dr Oliver Witard
General Q&A based on presentation, plus additional discussion around translating the doses of omega 3 oils used in research studies into practical information by examining different fish oil/omega 3 oil containing products and the amount required to reach study dosages.

12.35 – 13.15	Lunch and networking
13.15 – 13.55	<p>Theory to practise: Performance Nutrition its role and impact at Glasgow 2014</p> <p><i>Nikos Jakubiak, Performance Nutritionist.</i></p> <p>The team will present some exciting case studies highlighting the work of the Institute during the Commonwealth Games.</p> 
13.55 – 14.25	<p>FAQs asked of Performance Nutritionists by Elite Athletes</p> <p><i>Facilitated by Olivia Busby, Acting Lead Performance Nutritionist</i></p> <p>Questions will be posed to the audience for small group discussion. This will be followed by whole group feedback and analysis.</p> 
14.25 – 14.55	<p>Weight making & weight management (case studies from Glasgow 2014)</p> <p><i>Mark Ellison, SENr High Performance Nutritionist providing a specialist service to GB's combat sports.</i></p> <p>This session will discuss some of the practices employed (good & bad) by British combat athletes. Taking a look at the impact upon health, long-term athlete development and performance. Considering some of the ethical dilemmas for practitioners working in this area and case study from the Glasgow 2014 CWG.</p>
14.55-15.35	<p>Refreshment Break</p> <p>Refreshments to be taken with to breakout sessions</p>
	<p>Breakout Group A – Multi-disciplinary Teams</p> <p>The Sport Wales Team will answer questions on:</p> <ul style="list-style-type: none"> • Multidisciplinary working (i.e. working effectively within the sports science and sports medicine teams) • Building the foundation (i.e. kitchen coaching, food partnerships) • Developing protocols (i.e. vitamin D, injury) • Sport specific (we work with a range of sports - strength/power, endurance, weight making)
	<p>Breakout Group B - Dr Oliver Witard will lead a discussion on protein requirements, covering:</p> <ul style="list-style-type: none"> • Dose-response effects of protein ingestion • Impact of lean mass on protein requirements • Impact of training status on protein requirements • Timing of protein intake – is it important?

	<p>Breakout Group C– Louise Sutton will lead a discussion on SENr requirements and portfolio development, to include:</p> <ul style="list-style-type: none"> • the benefits of registration • requirements of the portfolio • collating evidence for competency mapping • writing a case study <p>Breakout Group D: Ethics and the WADA Code</p> <p>Andy Burman, BDA CEO and Irene Riach will take questions about ethics and the new WADA code.</p>
<p>15.35 – 16.15</p>	<p>Nutrition strategies for the Rugby World Cup 2015</p> <p>Richard Chessor, <i>Lead Nutritionist at Scottish Rugby</i>, Dr Graeme Close, <i>RFU Performance Nutritionist</i> and Ruth Wood Martin, <i>IRFU Performance Nutritionist</i> will present an overview the nutrition strategies employed by the Scotland and Ireland teams in the build up to and during the Rugby World Cup.</p> <div style="display: flex; justify-content: space-around; align-items: center;">    </div>
<p>16.15 – 17.00</p>	<p>Whole Group Breakout Session</p> <p>Chaired by: Dr Graeme Close</p> <p>Panel: Richard Chessor / Mark Ellison / Ruth Wood Martin / James Morton will answer questions on:</p> <ul style="list-style-type: none"> • Nutrition support for team sports • Nutrition support for power athletes • Weight management in athletes • Monitoring body composition with athletes • Supplements: Separating fact from fiction
<p>17.00 – 17.15</p>	<p>Closing Remarks (Dr Stuart Galloway)</p>
<p>17.15</p>	<p>Networking</p> <p><i>A bar will be available.</i></p>